



Jon Meade Huntsman, Jr.

Governor

Declaration

Whereas, the National Governors Association's chairman's initiative, "Healthy America," is designed to raise national awareness about the urgent need for all Americans to live healthier, more active lives;

Whereas, governors across the nation have been working on a wide variety of health- reform issues to encourage wellness;

Whereas, more than 25 percent of all American adults are physically inactive, and 65 percent are overweight;

Whereas, physical activity can greatly reduce the risk of many chronic diseases and health conditions, including hypertension, diabetes, heart disease, stroke and some cancers;

Whereas, overweight people at risk for developing diabetes can reduce that risk by 60 percent by becoming physically active for 30 minutes a day and losing a moderate amount of weight;

Whereas, Healthy America Week is designed to be the start of a life-long commitment to making good decisions; and,

Whereas, "Tipping the Scales Toward a Healthier Population: The Utah Blueprint to Promote Healthy Weight for Children, Youth, and Adults," sets forth a vision to make the healthy choice the easy choice at home, school, work and play in Utah;

Now, Therefore, I, Jon M. Huntsman, Jr., Governor of the State of Utah, do hereby declare May 1-5, 2006, as

Healthy America Week

Jon M. Huntsman, Jr.
Governor